



Arklan CPS News

March 2024



Message from the Principal



The warmer weather is just around the corner! Along with the warmer weather the school yard can become very muddy and wet. Students are reminded to have indoor and outdoor footwear. Please feel free to send an extra set of clothes and/or extra socks with your child. I am sorry, they will be muddy.

Sports and Extra-Curriculars at Arklan

Junior Students have been actively participating in handball and basketball teams during the 2nd recess. Intramurals for the month of March/April will focus on different collaborative games involving throwing, catching, and teamwork. Students in Grades 4-6 can sign up and participate in intramural sports during the 2nd recess.

We are happy to welcome back Mrs. Harron who is supporting our Choir. The sound of singing can be heard from the Learning Commons on Mondays during 2nd recess. We are also looking forward to hosting a talent show in May to share our Wildcat talents; stay tuned for more details.

Pizza Lunch



Thank you to our amazing parent volunteers who help with pizza lunches on Tuesdays!

Kindergarten Registration

If your child will be 4 years old by December 31, 2024, register your child for Kindergarten at: <https://www.ucdsb.on.ca/cms/One.aspx?portalId=148427&pageId=656186> or by scanning the QR Code. Our Kindergarten Open House will be on Thursday, May 16, 2024, from 5-6:30 pm.



Dental Screening

In accordance with the Ministry of Health and Long-Term Care, under the Health Protection and Promotion Act, dental screening will be offered at Arklan on **March 7th for students in JK, SK and Grade 2.**

A summary of the screening will be sent home with each child. A Registered Dental Hygienist or a Certified Dental Assistant will contact parents/guardians of children identified as having an “urgent” dental condition.



Information regarding dental conditions will also be sent to a provincial database as per the Ministry of Health and Long-Term Care and entered in the system by class only; no identifying information will be entered. Personal information will only be collected if the Oral Health Program staff finds a condition that requires attention and follow up.

Winter Mental Health Tips



1



Thinking About Gratitude

As a family, think of the things you are grateful for. For younger kids, try helping them journal their feelings using colours.

2



Stay Connected

Help your kids stay connected with friends, whether that be virtually or in-person. Create opportunities to help them keep in touch.

3



Let Your Kids Help Make Plans

Collaborate with your kids on activities to stay busy. Ask if they want to try anything new or to teach you something like a game or other interest.

4



Embrace Winter & Stay Active

Winter offers so many opportunities to stay active by enjoying all the cold-weather activities. As a family, go sledding, ice skating, skiing, or build a snow man!

5



Keep Healthy Habits and Routines

Prioritizing healthy habits such as getting enough sleep, eating healthily, and exercising regularly will help to keep your family mentally healthy.

6



Self Care for Parents & Caregivers

It is important for parents and caregivers to keep up with self-care and take time for themselves. Check in with your own mental health and reach out if you need support.

7



Reach Out

It's okay to ask for help if you, your family member, or child is struggling. Help is available from child and youth mental health professionals who can talk to your child or you, or both.

To find local supports & services near you, go to www.ucdsb.on.ca








- Click "For Students"
 - "Mental Health & Well-Being"
 - "Community Supports & Services"

The above content was developed from CMHA's Winter Mental Health Tips resource and provided by the UCDSB Mental Health and Wellness Department. Visit <https://www.family.cmho.org/winter-mental-health-tips/> to view the complete resource.



March 2024



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Student Electives Popcorn Day \$2 
4	5 	6	7	9 Popcorn Day \$2 
11	12	13	14	15
March Break				
18	19 	20 Jr. Boys BBall @ R. Tait	21 CPHS Open House for Grade 6 Students 6-7pm Jr. Girls BBall @ R. Tait	22 Popcorn Day \$2  Term 2 IEPs sent home
25	26 	27	28	29 Good Friday No School

Upcoming Dates:

April 1: Easter Monday – no school for students

April 8: PD Day